

A
COMPANION
TO THE
MEDICINE CHEST;
OR,
PLAIN DIRECTIONS
FOR THE
EMPLOYMENT OF THE VARIOUS MEDICINES AND
UTENSILS CONTAINED IN IT;
AND FOR
THE TREATMENT OF DISEASES.

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MEDICINE CHESTS,

FOR

FAMILIES, SHIPS, PLANTATIONS, &c.

Put up with care, and in the most approved manner,

By HULL & BOWNE,

Druggists & Apothecaries,

NO. 128, MAIDEN LANE,

Between Pearl and Water Streets,

New York.

A General Assortment of
AMERICAN & FOREIGN
PATENT MEDICINES,
CHEMICALS, SOAPS, TOOTH
BRUSHES, FLESH BRUSHES,
SURGEON'S INSTRU-
MENTS, &c.



P R E F A C E.

The following pages are designed to facilitate the use of the various medicines and articles contained in the Medicine Chest, or Portable Dispensary.

The medicines are of the best quality, and are selected for their efficacy, with all possible regard to the readily compounding and administering of them; great care has been also taken, in treating of such as are most active, to point out the inconveniences and dangers which might follow their incautious employment.

The prescribed dose of each medicine (except where the contrary is expressed) is calculated for an adult, or grown up person; but for children it must be diminished in due proportion to the age. (*See the table of doses.*)

Peculiarities of constitution and habit will often render necessary some deviation from the plan proposed; but these, it is evident, could not have been detailed.

It was the object of this little work to blend conciseness with all possible utility, but it was soon perceived embarrassments might arise to those who are unacquainted with medicine, from imperfect description or mutilated advice; and therefore it has sometimes been necessary to treat, more diffusely, than it was at first intended, of the qualities of each medicine, and of the diseases, to the cure of which it is applicable.

It is impossible, however, (in a publication necessarily so limited as this) to give directions sufficiently ample and particular, for the employment of every medicine, still less for the management of every disease. Much, undoubtedly, must be left to the sense and discretion of the reader; but every caution has been used not to urge or sanction the use of medicines, beyond what necessity or safety dictated, whenever these guides could be kept in view. From the intricacy of the art of medicine, and the difficulties attendant on its practice (even to those who have made it the study of their lives) it is earnestly recommended to every one not to trifle with health, and consequently with happiness, by assuming a medical capacity, but always to have recourse to professional assistance, whenever it can be obtained.

This Tract is therefore intended for the use of travellers, and others so situated as to be unable to procure the aid and advice of a regular medical practitioner; and it is trusted, that out of the great number so circumstanced, many will find the directions it contains of importance to them: since it must frequently happen, that diseases which threaten the most fatal consequences, may be averted or subdued by the exercise of good sense and prudence, and by timely recourse to the Medicine Chest.

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A
COMPANION
TO THE
MEDICINE CHEST.

PERUVIAN BARK.

THIS is a medicine of very considerable efficacy in various diseases, but especially in *intermittent*, and *low* or *nervous fevers*, which (when properly exhibited) it seldom fails to cure. It is generally, however, under-dosed, or not administered with sufficient frequency.

Previously to its use, the stomach and intestines ought to be cleared by the use of some *mild emetic* and *purgative*; after the operation of which, and in the *absence* or *remission* of fever, it may be given in doses of half a drachm, one, two, or even three drachms, (if the stomach will bear so large a quantity) every three or four hours, leaving it off as soon as the fever recurs, and substituting for it the *saline draught*, which is to be treated of hereafter.

BARK is given in very various forms, and mixed with substances as various; it may be united with *conserve of roses*, or *honey*, as a *bolus* or *electuary*; it is sometimes taken in *milk* or in *water*. A good mode of administering the BARK is uniting the intended dose with a tea spoonful of *Huxham's Tincture*, and adding an ounce or two of *peppermint water*; or it may be given in a small wine glass full of *port wine*—in either way, it generally sits easy upon the stomach.

In some persons, BARK produces purging whilst in others (though much more rarely) it causes a costive state of the bowels: the former inconvenience is to be remedied, by adding four or five drops of *laudanum* to each dose, and the latter by combining with it a few grains of *rhubarb*, or some other mild aperient.

If the stomach be too delicate to bear the BARK in substance, it may be taken in the form of a *decoction*, which is to be prepared as follows:

Take of bark in gross powder, one ounce; pure water, a pint:

Boil them together for fifteen minutes, in a close vessel, then strain the decoction for use. Dose—three or four table spoonsful every two or three hours, in the manner, and with the precautions above recommended.

In some rare instances, even the decoction offends the stomach; a drachm of *cinnamon* bruised, may then be added to the *bark* before it is boiled, and if it be still rejected, the cold infusion must be had recourse to. It is thus prepared :

Take of bark in powder, one ounce ; pure water, a pint ;

Let them stand together twenty-four hours ; then pour off clear, or strain the infusion for use. Of this preparation the dose must be as large, and the exhibition as frequent as the stomach will allow.

When BARK is employed as a *tonic* or *bracing remedy*, (as after the termination of *fever*) it may be advantageously joined with other bitters ; with the *elixir vitriol*, and sometimes with *preparations of steel*. In these cases, from a scruple to a drachm will be a sufficient dose, and twice or thrice a day, often enough for its administration.

BARK is also given for the cure of those headaches and pains which recur periodically, with excellent effect—they are of the nature of an intermittent fever, and are to be removed by the same mode. It is also a very valuable medicine in all ill-conditioned and painful ulcers, and where mortification is to be apprehended, or has already taken place. In all these cases it very generally requires to be joined

with *opium*, and in the latter to be given in very large quantities.

It may be laid down as an axiom in medicine, that there is no valuable nor efficacious remedy, which is not capable also of producing mischief, and generally in direct proportion to the efficacy it possesses. BARK is improper in *inflammatory diseases*, and in *affections of the chest*, where the respiration is impeded; it is also prejudicial where the person is very plethoric, *i. e.* full of blood; and in many other cases frequently requires great nicety in its employment.

EPSOM SALT.

This is a good *saline purgative*, though nauseous, seldom offending the stomach; it is given in the dose of half an ounce, or an ounce. It is best dissolved in *peppermint water*, and succeeds most when the quantity of this is rather large, *i. e.* three or four ounces: administered in this way, it becomes an useful purgative, when the body has been heated by excess in inflammatory diseases, and where the person is of a full robust habit.

SALTS are frequently mixed with *manna*, by which they are rendered somewhat less unpleasant: from half an ounce to an ounce of *salts*, and an equal

quantity of *manna*, dissolved in hot water, form an excellent purgative for a grown-up person, but by children their extreme nauseousness can seldom be overcome.

SENNA.

The leaves of *SENNA* are often joined with *salts* and *manna* as a purgative, adding some aromatic substance to prevent the griping which this drug is otherwise apt to cause.

The following is an useful formula :

Take of the leaves of Alexandrian Senna, one drachm and a half; Flake Manna three drachms; Bruised Ginger, fifteen grains;

Infuse in boiling water three or four ounces for two hours, then strain carefully, and in the strained liquid dissolve half an ounce of *salts* for a draught.

MANNA.

MANNA is so mild an aperient, that it is seldom used alone, except for children, to whom from two drachms to six may be given with advantage, where it is simply requisite to empty the intestines. Not less than an ounce and a half, or two ounces, will be sufficient for an adult; and as in this quantity it commonly produces nausea, its use is confined to

children, very delicate persons, and pregnant women; unless joined with *senna* or with *salts*, as above described.

CALCINED MAGNESIA.

This is another very gentle and useful aperient, especially for children, with whose food it may be conveniently mixed, where acidity prevails in the stomach and intestines: from six to ten grains may be given to an infant for a dose, occasionally joining it with *rhubarb*, when not of itself sufficiently powerful.

Its principal use to adults, is in case of *heartburn* produced by acidity in the stomach, and known by sour and nauseous eructations, flatulency, a sense of heat and pain in and above that viscus, and often an accompanying headache. In the dose of half a drachm or two scruples, mixed with *peppermint water*, it seldom fails to afford instantaneous relief, especially if ten or fifteen drops of hartshorn be added to each dose. Here also *rhubarb* may be joined with *magnesia*, to render it more active, if that be found necessary.

RHUBARB.

RHUBARB is an excellent purgative, both for children and adults, especially when joined with *mag-*

nesia, or, where a more powerful effect is desired, with *calomel*, as hereafter to be mentioned.

In disorders of the bowels, RHUBARB is an admirable medicine, as it not only acts as a purgative, but gives tone to the intestines. The dose is from ten to thirty grains, mixed with *peppermint water*, and where there is nothing inflammatory in the case, from two to six drachms of *tincture of rhubarb* may be added.

When there is *diarrhæa* (looseness) a dose of RHUBARB should precede the administration of astringent medicines, in order to clear the bowels thoroughly from the offending matter, which causes and keeps up their morbid irritation.

As the purgative effect of RHUBARB is not extreme nor permanent, it may with great propriety be given during the presence of a fever to procure an evacuation or two occasionally, where more would be injurious by weakening the patient; in such cases from eight to twelve grains will generally be found sufficient.

On account of the astringent effect which, it has just been observed, RHUBARB possesses, it must be evident, that it is a medicine not well adapted to the removal of costiveness, where that is habitual, since it has a constant tendency to increase the complaint: such persons should therefore take *castor oil* or *sen-*

na and *manna* in preference; and endeavor to obviate the inconvenience by a change of diet, and by using more exercise.

JALAP.

When an active purge is requisite, and the patient is of a robust habit, JALAP will be found a very useful medicine, as it readily and completely empties the intestines; it is necessary, however, to add to it some aromatic or spirit, to prevent the griping effect it otherwise produces. It may be taken by itself in the dose of fifteen, twenty, or twenty-five grains, according to the strength of the patient, mixed with an equal weight of *cream of tartar*, or in the dose of ten or twelve grains, with six or eight grains of *calomel*. The most convenient vehicle is *currant jelly*, *honey*, or *lenitive electuary*, with any of which it may be made into a bolus. Where this form proves disagreeable, the dose of JALAP may be mixed with two drachms of *tincture of rhubarb*, and an ounce or two of *peppermint water*.

CREAM OF TARTAR.

This article is very well known as a cooling and antiseptic medicine, and is generally employed with these views in fever, especially where the patient

complains much of thirst, and burning heat over the skin. In such cases the drink called *imperial*, is a very grateful beverage, and may be taken in almost any quantity with advantage. It is thus prepared:

Take of cream of tartar, three drachms; the rind of one lemon;

Pour on these a quart of boiling water; and when cold, add a sufficient quantity of fine sugar to render the liquid palatable. Where circumstances do not forbid its use, a small quantity of white wine may be also joined with it, to improve the flavor.

The effect of CREAM OF TARTAR in conjunction with *jalap*. has been already spoken of. It may further be observed, that this drug has been found extremely serviceable in dropsical cases, having a very diuretic quality. In such instances it is necessary that it be taken freely, from six drachms to an ounce and a half in twenty-four hours; it may be given in union with *simple syrup*.

CALOMEL.

Amongst the important medicines with which chemistry has enriched the *Materia Medica*, CALOMEL holds a distinguished place. It is given both to children and adults in various diseases, and is capable of producing very different effects, according to

the dose, the frequency of its employment, and the articles with which it is combined. It may be used as an active and valuable purgative, where suspicions are entertained of the presence of worms in the intestines; and at the commencement of fevers, attended with a full, quick pulse, and other signs of a plethoric state of the body.

Six or eight grains of CALOMEL, and ten or twelve of *rhubarb*, made into pills, with *honey* or *currant jelly*, and given at bed-time, will act smartly on the intestines, remove obstructions. and cleanse the bowels from undigested aliment or fæces, which may be present. These effects will be facilitated, and rendered more certain, by taking on the succeeding morning, some mild, opening draught.

When CALOMEL is given on the first attack, or during the progress of fever, it is better to join it with *rhubarb*, as above described, and also to add three or four grains of *James' powder*, by which the skin is more likely to become relaxed, and perspiration produced, whence advantages are frequently obtained.

In doses of three or four grains, CALOMEL is an excellent purgative for children, cleansing the intestines thoroughly from all offensive matter, and very frequently bringing away worms. Indeed this pre-

paration is the basis of almost all the vermifuge medicines that have ever been usefully administered.

As an alterative medicine, in cutaneous diseases, or to remove glandular obstructions, CALOMEL may be employed in the dose of half a grain or a grain every night and morning, mixed as before described (for all liquids are improper, as from its gravity, it instantly subsides in them.) If the mouth should become sore, the quantity must be lessened, or the CALOMEL omitted until the soreness disappears—when smaller doses must be had recourse to: and if griping be produced, six or eight drops of *laudanum* must be taken with each dose.

Observe that all acids and acescent substances are to be avoided, whenever this or any other preparation of mercury is employed.

Employed in large doses, it becomes a very efficacious remedy in diseases of the liver, and in all other cases where it is desirable to produce the mercurial action in the system. It may be given in doses of two, three, or even four grains, twice or thrice a day, according to the strength of the patient, and the nature and violence of the disease.

When it affects the system properly, it causes an increase of perspiration, or of urine, and sometimes of both; but the best test of its acting specifically is, its producing soreness of the mouth; this effect,

therefore, ought not to occasion a discontinuance of the medicine, unless the soreness be extreme; in which case the dose must be diminished, or CALOMEL entirely desisted from, until the inconvenience shall have subsided.

It may be moderated, however, by keeping the patient warm, making him drink freely and often, of warm diluting liquids; administering now and then an opening medicine, and by occasionally giving a few drops of *laudanum* to lessen the irritability which prevails. The griping produced by CALOMEL is to be prevented or lessened by slight opiates, and by avoiding acid or acescent substances; for if permitted to cause purging, its specific effects may be wholly lost.

IPECACUANHA.

IPECACUANHA is a valuable medicine for several purposes. In doses of fifteen, twenty, or thirty grains, mixed with an ounce of water, it proves emetic, and is frequently given with this view, to empty the stomach of undigested food, bile, &c. the patient drinking (during its operation) an infusion of chamomile, water-gruel, or warm water, in moderate quantity. If the stomach be with difficulty excited to vomit, it will be necessary to join with the

IPECACUANHA, half a grain or a grain of *emetic tartar*, which is a much more active medicine.

IPECACUANHA, in doses of half a grain or a grain, with six or eight drops of *laudanum*, is very similar to a medicine called *Dover's powder*, which is an excellent *sudorific*, and therefore employed with advantage where perspiration has been checked, during the presence of fever; and in rheumatic or gouty cases. **IPECACUANHA**, thus combined, may be made into a bolus with *honey* or *currant jelly*, or into a draught with *peppermint water*, and taken every six or eight hours, according to the nature and urgency of the disease.

In obstinate *diarrhæas* and *fluxes*. **IPECACUANHA** may be taken with the greatest advantage, in the dose of one or two grains, every four or six hours, or in such quantity as to produce continued nausea without vomiting. In these cases each dose may be mixed with an ounce or two of *thin boiled arrow root*, and now and then (especially if there be pain) with a few drops of *laudanum*.

Such complaints are very much relieved by the injection of *glysters*, which are soothing, and moderately astringent: half a pint of *thin boiled starch*, of the temperature of new milk, with thirty or forty drops of *laudanum*, may be thrown up twice or thrice a day, with great advantage, taking care that

the stomach and intestines have been completely emptied at the beginning of the disease.

EMETIC TARTAR.

This preparation of antimony is exceedingly useful to produce vomiting, and to cause a determination to the skin when hot and dry ; especially at the commencement of fevers. Four grains of EMETIC TARTAR, dissolved in six ounces of *water*, form the *emetic mixture*, of which two table spoonful (an ounce) may be taken for the first dose, and one spoonful every quarter of an hour afterwards, until full vomiting is produced.

When used as a *sudorific*, one grain is to be dissolved in four ounces of *peppermint water*, or in the *saline mixture*, and a large spoonful of the *solution*, with the addition of five or six drops of *laudanum*, taken every three or four hours : if vomiting be produced, the dose should be diminished, as that effect is not desirable when only a moist state of the skin is to be procured.

For the purpose of bringing on perspiration, however, *James' Powder*, or *Ipecacuanha*, is to be preferred.

ANTIMONIAL POWDER.

This is better known by the name of *James's*

Powder; it is an excellent remedy in fevers, procuring with ease and safety, the most salutary evacuations, and not unfrequently inducing a speedy and favorable termination of the complaint.

It may be administered in conjunction with *calomel*, or with *opium*, or with both, as above described (vide CALOMEL, p. 21;) or it may be given separately, in doses of three, four or five grains, every five or six hours; the most convenient vehicle will be *honey* or *current jelly*; and the *saline draught*, with four or five drops of *laudanum*, may at the same time be taken with advantage.

The action of JAMES'S POWDER, as well as of all other sudorific medicines, is promoted by the patient's drinking frequently and copiously some diluted liquid, as barley water, toast and water, lemonade, &c.

In hot climates, especially, it is exceedingly proper to dilute freely, that the rapid waste of fluids may be readily supplied.

Efficacious however, as antimonial preparations are in bilious and inflammatory cases, they soon cease to be proper, in those fevers which are of the low nervous kind; the patient being, in such diseases, ill able to bear the debilitating effect which they so constantly produce.

In those disorders therefore, attended with a hot

and dry skin, and other symptoms which render perspiration desirable, *ipecacuanha* administered as above described (vide *IPECACUANHA* p. 24, 25.) will be found a preferable remedy.

ANTIMONIAL WINE.

WINE OF ANTIMONY may be employed in all cases where *tartar emetic* or *antimonial powder*, is proper; and on account of its ready divisibility it is very frequently substituted for the former medicine, in infantile complaints especially, as an *emetic*.

The dose for a child, may be from twenty or thirty drops, repeated every eighth or tenth minute, until it operates twice or thrice.

Four, five, or six drops of *antimonial wine* with a single drop of *laudanum*, may be beneficially given twice or thrice a day to an infant during the process of teething, to remove the febrile irritation which is so apt to prevail at that period; and to children with unsightly eruptions on the skin, five or six drops, in any simple liquid, may be administered thrice a day with great advantage.

SALT OF TARTAR.

This is an alkaline salt, which effervesces when

mixed with acids. With the *vegetable acids* it is frequently employed in febrile complaints, to cause an increase of perspiration and of urine, and to cool the body.

Half an ounce of *lemon juice*, a scruple of *salt of tartar*, an ounce of *water*, and a little *syrup* or *sugar*, form the *saline draught*, which has already been referred to, as an useful medicine.

Taken in the act of effervescing, the *saline draught* abates sickness and vomiting, especially if six or eight drops of *laudanum*, and some grateful *aromatic* be added to it.

When the draught is properly made, both the *acid* and *alkali* are perfectly saturated or neutralized, and the taste of either is no longer perceptible; if, therefore, the medicine tastes salt, the acid is not good, or deficient in quantity, and more must be added, till the *alkali* is perfectly neutralized, and its taste and qualities are destroyed.

SALT OF TARTAR forms an useful addition to *rhubarb*, enabling it more completely to cleanse and empty the intestines.

LAUDANUM.

This medicine is one of the most valuable with which afflicted mankind ever became acquainted,

as it not only proves a safe, easy, and speedy cure, for some painful disorders but a soothing palliative for others, distressing in their nature, and fatal in their consequences.

Some of the beneficial effects of LAUDANUM have already been enumerated; there are others which yet remain to be treated of. As a narcotic, or sedative, *opium* confessedly stands unrivalled. In doses of twenty, twenty-five or thirty drops, LAUDANUM removes or abates pain, wherever situated, lessens irritation, and seldom fails to occasion a calmness and quietude in the system; whence its use in gout, sciatica, and rheumatism; in calculous complaints; spasmodic disorders; during the formation of abscesses; and after surgical operations.

In case of excruciating pain, where inflammation of some vital or important organ is not to be apprehended, larger doses may be ventured on; forty or fifty drops may then be taken for a single dose; but it is very generally more prudent to take a smaller quantity, and repeat it every four or six hours. From twenty to thirty drops may then be administered at a time, and repeated as may be found necessary: always having reference to the sex, age, constitution and habits of the patient, as well as to the particular circumstances of the case.

Persons who have been accustomed to take *opium*,

will bear doses which would prove highly injurious, or fatal, to others who are altogether strangers to its use ; yet the prejudices, which are so generally entertained against this medicine, are, it must be observed, either wholly without foundation, or very disproportionate to the inconveniences which it occasions.

When LAUDANUM is exhibited in *fevers*, it must be given in small doses, and it is best joined with such things as cause it to act on the skin : such are *ipccacuanha*, *antimony*, &c. The effects of *opium*, in union with these articles have already been spoken of. (Vide p. 25 and 28.)

OPIUM is a very valuable medicine in pains of the stomach or bowels, but it cannot with safety be given unless in an *open* state of the *intestines* ; for where *costiveness* prevails, it is much increased by *opium*, and inflammation with all its dreadful consequences, will be the result of its use, except in very skilful hands.

In cholicky and spasmodic pains, where the bowels are open, LAUDANUM may be administered with safety. especially in conjunction with *ipccacuanha*, and if necessary, with *castor oil*. Where *diarrhæa* prevails, in three or four hours after a dose of *rhubarb* has been administered, six or eight drops of LAUDANUM, mixed with a little *thin arrow root*, or

other mucilaginous liquid, may be given every four, three, or two hours, according to the necessity of the case, the patient living at the same time on light and nutritious food of easy digestion, such as thin gruel; arrow-root jelly; rice in all forms; beef tea; mutton and chicken broths, &c.

In affections of the chest, where respiration is free, and in tickling coughs, small doses of LAUDANUM may be usefully employed; but they must be exhibited with cautiousness, lest there be a tendency to inflammation, which might be increased.

Forty or fifty drops of LAUDANUM, with half a pint of *thin starch*, is a very useful *glyster*, in cases of great irritation of the bowels, attended with *diarrhæa*, especially if given about bed-time, as a quiet night is afterwards very generally obtained.

Local pains are frequently relieved by being rubbed with an *anodyne linament*, containing LAUDANUM; but this will be hereafter noticed.

PAREGORIC.

Another medicine containing *opium*, and which is also found serviceable in irritative or tickling coughs, is PAREGORIC; it may be taken in the dose of one or two tea spoonsful, twice or thrice a day, in a little *simple water*, or any *mucilaginous drink*; but only

when the respiration is unimpeded, and the chest free from inflammation, as both the *spirit* and *opium* which it contains, would otherwise prove injurious.

HUXHAM'S TINCTURE OF BARK.

One of the best stomachic medicines with which we are acquainted, is HUXHAM'S, or the compound TINCTURE OF BARK, which unites the powers of several tonic and astringent bitters; it may be given as an useful auxiliary to the *bark* in powder, or to the decoction, or in the dose of two or three tea-spoonsful, mixed with a little *water* only. When the energy of the stomach has been impaired by any debilitating cause, this TINCTURE, in the above mentioned dose, is often extremely serviceable, especially if it have added to it fifteen or twenty drops of the *elixir of vitriol*. In all cases, however, where the taking of spirits would be improper, this medicine should be abstained from.

COMPOUND SPIRITS OF LAVENDER.

This TINCTURE is in common use, and is well known as a grateful cordial and stimulant. It is useful in relieving languor, faintness, nausea of the stomach, &c. ; for which purposes it is not unfrequently mixed with a few drops of *spirits of harts-*

horn. The dose of SPIRITS OF LAVENDER is from twenty to fifty drops, taken on *sugar*, or in *water* or *tea*.

SYRUP OF SQUILLS.

This is a useful detergent and expectorant, and of great service in asthma, coughs, hives, and other disorders where thick phlegm abounds. The dose is one or two tea spoonsful for a child below seven years of age. If the dose be repeated every ten minutes, it makes a safe and convenient emetic for children.

SPIRITS OF CAMPHOR.

This is an excellent embrocation for rheumatic pains, paralytic numbness, inflammations, headache, and for discussing tumors. It is only used externally, bathed on the affected part with the hand or a piece of flannel.

VOLATILE TINCTURE OF VALERIAN.

As an antispasmodic, VALERIAN ranks high in modern practice. The VOLATILE TINCTURE, in doses of from one to three tea spoonsful furnishes a valuable remedy against hysteria, epilepsy, and al-

most all nervous disorders. It should be mixed with a few spoonsful of *water* or *tea*.

TINCTURE OF RHUBARB.

Few medicines are more generally known and resorted to than TINCTURE OF RHUBARB, nor are there many better calculated to afford relief in the diseases to which they are severally applicable. Yet it is certain that the indiscriminate employment of this valuable remedy, by all ranks of people has occasioned almost unbounded mischief. Pains of the stomach and intestines, the forerunners of inflammation, though momentarily relieved, have been aggravated by this and other spirituous liquids, injudiciously had recourse to, and a repetition of the dose has not unfrequently rendered fatal the disease, which skill and prudence would have wholly prevented, or arrested in its direful progress.

TINCTURE OF RHUBARB is an excellent remedy in cases of indigestion, laxity of the stomach and intestines; spasmodic pains in those parts, and in *diarrhæas*; but it cannot be taken with safety when the patient is young and plethoric, complains of violent pains in the stomach and bowels, and is costive withal. The spirit contained in this medicine is disproportionably large to the *purgative*, and therefore cannot be trusted to for the procuring of those

evacuations by stool, which are essentially necessary to the safety of the patient, whenever *pain* and *irritation* take place in any part of the alimentary canal; and should it fail to procure motions when there exists a tendency to inflammation, it will certainly accelerate the mischief, and give it tenfold force.

These observations are offered with confidence, from a deep conviction of their importance; it can scarcely be necessary to add, that the custom so very prevalent, of administering *burnt brandy* and other *ardent spirits* (by whatever name they are called) in such complaints, is highly injurious, and often fatal.

TINCTURE OF RHUBARB, therefore, is only safe when the bowels are already *open*, or where there is certainly no tendency to inflammation; it may then be administered in conjunction with ten or fifteen grains of *powder of rhubarb*, or in a little *peppermint water*, with the addition of twelve or fifteen drops of *laudanum*.

The dose may vary from two to six drachms, according to circumstances, and be repeated, if necessary, in four or five hours.

Two or three tea spoonsful of this TINCTURE, taken daily, an hour before dinner, in a little *warm water*, or what is better, *soda water*, have considerable effect in removing obstructions; giving energy to the stomach and intestines, and promoting digestion.

CASTOR OIL.

This is a mild and valuable aperient, as its efficacy does not depend wholly upon its stimulating the intestines, but in a great degree also, on its lubricating quality.

It is therefore less liable to increase irritation, than almost any other known purgative, and may be safely had recourse to, where *jalap*, *aloes*, &c. would be found too acrid and rough.

Hence, where incipient inflammation is suspected, CASTOR OIL becomes a most desirable medicine, and may be administered in any quantity which may be necessary, and the stomach may bear. From half an ounce to an ounce and a half, is a proper dose, which may be repeated every four or five hours, until motions are procured. It is best taken floating on the surface of *peppermint water*, or previously blended with a little *honey*.

ESSENCE OF PEPPERMINT.

This ESSENCE is very convenient for readily making *peppermint water*; a few drops (either with or without sugar) mixed with half a pint of *soft water*, and briskly shaken together, answer the purpose exceedingly well. The proper strength can easily be judged of by the palate.

A few drops of ESSENCE OF PEPPERMINT upon *sugar*, prove a mild and grateful cordial, where there is languor or coldness at the stomach, possessing this great advantage over spirituous liquids, that it produces warmth, without stimulating or heating the body.

PEPPERMINT WATER has been, on this account, frequently recommended in the foregoing pages, as a convenient vehicle for the exhibition of various active medicines which require dilution, or which might otherwise offend the stomach.

ÆTHER.

ÆTHER is so exceedingly volatile that it must always be kept closely stopped, and when intended to be taken, must be expeditiously swallowed, lest it wholly evaporate.

Half a drachm or a drachm of ÆTHER, in a little *water*, often affords great relief in *nervous headaches*, and in *spasmodic affections*. It is also very serviceable in *asthmatic disorders*, and in *gouty or paralytic complaints*, where the system requires to be suddenly and strongly roused.

Applied to the forehead, it sometimes removes a violent headache almost instantaneously; and the toothache has been as suddenly cured, by rubbing a

little *ÆTHER* on the jaw of the side affected, or by direct application of it to the diseased tooth.

ELIXIR OF VITRIOL.

This is a preparation of one of the powerful mineral acids; it is found extremely beneficial as a tonic medicine, in cases of loss of appetite and impaired digestion; from ten to twenty drops are to be given twice or thrice a day, either in *water* or any *stomachic bitter*. It is also an useful auxiliary to the *decoction* or *infusion of bark*, but has some tendency to occasion purging, and therefore requires caution.

This medicine possesses the property of checking perspiration, when morbidly profuse, and is therefore often advantageously employed for that purpose.

TINCTURE OF MYRRH.

TINCTURE OF MYRRH, was formerly much recommended for its power to strengthen the stomach and solids, and enable the body to resist putrefaction.

It is still sometimes given in the dose of thirty or forty drops, with these views: but it is more generally employed to deterge or cleanse ulcerated surfaces, to preserve the teeth and gums, or to assist in

the formation of gargles. Two drachms of this TINCTURE, with two ounces of *rose water*, may be used twice a day, to rub the gums with, as it is supposed to render them more healthy and firm.

An excellent gargle may be prepared as follows :

Take of barley water, six ounces ; honey, one ounce ; vinegar, two ounces ; tincture of myrrh, three drachms.

To be used frequently as a gargle in cases of sore throat, especially when attended with ash-coloured specks or ulcerations.

SPIRIT OF NITRE.

This preparation of NITRE, has long been deservedly held in great esteem, as a febrifuge and diuretic ; taken in doses from twenty to sixty drops diluted with a sufficient quantity of *water*, it allays thirst, expels flatulencies, and strengthens the stomach ; when mixed with a *saline draught*, it promotes perspiration, and oftentimes acts powerfully as a diuretic in some febrile cases.

SPIRIT OF HARTSHORN.

Twenty or thirty drops of this spirit in a little *water*, may be given with advantage when the patient is low or faint ; is suffering from hysterics, or from extreme torpor of the system. Its principal

use, however, is as an external application, either held to the nose, as a stimulant in cases of languor or fainting; or mixed with other substances, as a liniment, to produce irritation and redness on the skin, and to remove inflammation and swelling beneath.

An ounce of *olive oil*, and half an ounce of *spirit of hartshorn*, make the *volatile liniment*, which is a very efficacious remedy in the inflammatory sore throat, the outside of which is to be well rubbed, and kept constantly moist with it, until redness and inflammation are induced over the skin.

OPODEDOC.

As an external application, the *soap liniment*, or OPODEDOC, is extremely useful in bruises, sprains, &c. The part affected is to be frequently bathed with this liniment, and, as far as possible, kept constantly covered with it.

Two ounces of *opodeldoc*, and two drachms of *laudanum*, form the *anodyne liniment*, which is still more efficacious in sprains or contusions; in rheumatic pains, and similar local affections.

TRAUMATIC BALSAM.

This medicine has long been celebrated as an application to cuts and recent wounds. The following

is the best mode of applying it: wash out any extraneous matter that may be within the wound, with *tepid water*, bring the lips in close contact, cover them with a piece of *dry lint*, then apply a pledget of lint moistened with the BALSAM, and secure it upon the part until it adheres to the skin. If this be not disturbed for two days, the lips of the wound will unite without any discharge, or, in surgical language, by the first intention.

It is taken internally for coughs, and pains in the stomach, in doses of one or two tea spoonsful, in *warm tea*, sweetened.

EXTRACT OF LEAD.

This is a solution of lead in vinegar, and is wholly confined to external use.

A drachm of this liquid, mixed with four ounces of *water*, is a powerful repellant in many cases of swelling, where it is desirable to avoid suppuration (the formation of matter,) especially if it be employed at the commencement of tumefaction.

It is also very useful in those cutaneous eruptions which can be repelled with safety, allaying the itching and irritation, so extremely troublesome, and so generally present; and removing or abating inflammation where it has commenced.

The *saturnine lotion* thus prepared, is also a valuable application to burns or scalds. A large piece of linen rag, several times folded, should be dipped in it, and kept constantly applied to the part injured.

When prepared with half a drachm of the EXTRACT OF LEAD, it may be employed with advantage in inflammation of the eyes.

A repellant ointment, which in some instances is preferable to this lotion, may be expeditiously prepared, by blending thirty or forty drops of the EXTRACT OF LEAD, with half an ounce of *cerate*; it may be spread on *lint*, and applied to sores occasioned by burns, scalds, &c.

The lotion may be made, if requisite, of double the above strength, and still applied to swellings with perfect safety.

BLISTERING PLASTER.

In local pains, and inflammations of parts internally situated, it is often very beneficial to produce a high degree of irritation, and a serious discharge from the surface, which is immediately contiguous to the part affected.

This end is best answered by applications which contain *cantharides*; such compositions very seldom

failing to excite blistering, and thereby to abate the pain and inflammation which subsist more internally.

BLISTERING FLASTERS, are therefore had recourse to with great advantage, in inflammations of the throat, chest, or belly; and in local pains, as the headache, toothache, &c., proportioning the magnitude of the plaster to the extent and violence of the pain, and to the part affected.

Topical bleeding, by cupping or by leeches, is very generally proper before a blister is applied; and where the inflammation runs high, or attacks some vital part, as the chest or abdomen, general blood-letting (by opening a vein in the arm) is also extremely requisite; the quantity and frequency being regulated by the circumstances of the case, and the strength of the patient.

BASILICON.

Blisters may be kept open for a few days, by the application of a little YELLOW BASILICON spread upon a thin rag.

This ointment is also useful to stimulate and procure a healthy discharge from ulcerated surfaces, which are not clean, and from wounds which are disposed to heal but slowly.

In these cases it should be spread on a bit of fine lint, which is to be renewed once or twice daily.

STRENGTHENING PLASTER,

For weakness and pain in the loins, breast, side, &c. Spread it on thin leather or linen, by means of a heated *spatula*, or melted in a cup, and apply the plaster to the affected part.

WHITE CERATE.

This is one of the mildest applications that can be used to excoriated or ulcerated surfaces; it is therefore very commonly employed as a dressing to blisters, which it is desirable to heal; and to burns or scalds. It is then, however, better to join with it a little *Goulard's Extract of Lead*. (Vide p. 42.)

TURNER'S CERATE,

Possessing a slight degree of astringency, may be substituted for the *white cerate*, in certain cases, as scalds and burns, where such a quality is necessary to promote the healing of the part affected.

CHAMOMILE FLOWERS,

Are a very useful stomachic bitter. An infusion after the manner of tea, is generally drank during

the operation of an emetic; and with the addition of some aromatic, as *cinnamon*, or *ginger*, may be taken with advantage by persons whose digestion is weak from long residence in warm climates; from excessive drinking, or other causes.

CHAMOMILE FLOWERS, with or without *poppy-heads*, are employed in fomentations, to abate pain and to promote suppuration.

ARROW ROOT.

By boiling ARROW ROOT with *water* or *milk*, a nutritious jelly is formed; which, with a little *wine*, *sugar*, and *nutmeg*, furnishes an elegant article of diet for convalescents.

GINGER,

Is an useful article in the *Materia Medica*, but rather as an auxiliary than a principal.

A drachm of GINGER, bruised or powdered, and three drachms of dried Seville orange peel, infused in a pint of boiling water for an hour or two, and taken in the dose of a tea cupful twice a day, has been found an useful stomachic where digestion is imperfect from a want of energy in the stomach; and GINGER with *milk* has been much used and recommended as a breakfast for persons of a gouty

habit: but there is reason to think that the continued use of all such stimulants has often been ultimately prejudicial, and therefore they ought to be cautiously had recourse to. As an addition to other medicines, GINGER is spoken of in various pages of this work.

BILIOUS PILLS.

These PILLS will be found serviceable in all bilious complaints, obstructions of the stomach and bowels, female complaints, and for the prevention of those diseases incidental to hot climates. They operate mildly as a cathartic and diuretic.

The dose for an adult is three or four pills, taken at bed time; and a proportionate quantity for a child. As an alterative, take two every twentyfour hours, for four or five days, or until relief is obtained, after which take tonic medicines, such as *Huxham's Tincture of Bark*, *Peruvian Bark*, or *Chamomile Tea*. (See pages 13, 33, and 46.)

ADHESIVE PLASTER

Is very useful for bringing into close contact the edges of cuts or wounds, and retaining them in that situation: also to apply to *tumours*, which it is desirable to bring to *suppuration* (where a poultice can-

not be worn ;) and lastly for *blistering plasters*. The *cantharides plaster* ought to be evenly spread over a surface of sufficient size to leave a *margin uncovered*, which when applied, will adhere firmly to the part.

COURT PLASTER

May be applied to small *tumours* or *pimples*, which it is desirable to defend from the air, or to render less unsightly. It requires to be slightly wetted before it is made use of.

LINT

Is applied as a soft dressing to wounds, and to restrain bleeding from divided parts: in the latter case it may be dipped in *flour*, or *spirit of turpentine*, which is a powerful styptic. When LINT is used as a dressing, it is sometimes better to spread its surface with a little ointment, and at others to apply the lint alone. Wounds which are perfectly clean, or which require to be slightly stimulated, may be treated in this latter manner.

OBSERVATIONS
ON
BLOOD LETTING.

THE following observations are necessary to be attended to, since, however simple or unimportant the operation may appear, the life of a person sometimes depends on its being well-timed and properly performed.

Bleeding is proper after severe falls, where internal bruises are suspected; and where such injury has been inflicted, by any accident, as to threaten inflammation, &c.

In *pleurisies*, and other inflammatory affections of the chest, known by pains or stitches in the chest or side; cough and difficult breathing; and a full, hard pulse; from six to twelve ounces of blood may be taken away, and the operation be repeated in ten or twelve hours, if the blood has a sizzly appearance, and the patient has been clearly benefitted by the former bleeding.

It may also be employed at the beginning of *inflammatory fevers*; but here it is attended with hazard, and therefore requires the utmost caution.

BLEEDING is often very serviceable in *apoplectic*, and sometimes in *epileptic fits*; but the discrimination of such complaints is often difficult.

Persons between the ages of twelve and forty, are the most proper subjects for the lancet. The aged can ill bear this debilitating evacuation.

DIRECTIONS FOR BLEEDING.

Pass the bandage round the arm, two inches above the elbow, moderately tight, so as to bring the superficial veins into view; of these, choose that which is most prominent, provided no pulsation can be felt beneath, and if it does not roll under the finger.

Let the patient extend his arm, with the hand firmly clenched; then holding the lancet between the fore-finger and the thumb of the right hand, (whilst the thumb of the left keeps the vein steady) make a puncture through the skin and upper side of the vein, in a somewhat oblique direction, raising the lancet upwards, so as to make the incision sufficiently large. The blood is then to be suffered to flow freely into a basin, (whose capacity has been previously ascertained.) When a sufficient quantity has been drawn, the bandage is to be slackened, and the lips of the wound nicely brought together; a bit of linen rag, folded, is to be laid over them,

and there secured by the bandage passed round the arm, above and below the elbow.

The right arm of the patient is most convenient to bleed, as the operator can then more easily use his right hand in making the puncture.

UTENSILS

APPERTAINING TO THE MEDICINE CHEST.

BESIDES the various medicines which have been spoken of in the preceding pages, the medicine chest contains the following articles and utensils, which will be found extremely convenient, for enabling the purchaser to employ the several medicines and applications with the greatest advantage.

The smallest weights in the box are grains; each circular impression stands for one grain.

There are six other weights in the same box, viz :

2 Drachms -	℥ij		2 Scruples -	ʒij
1 ditto - - -	℥j		1 ditto - - -	ʒj
$\frac{1}{2}$ ditto - - -	℥ss		$\frac{1}{2}$ ditto - - -	ʒss

The respective denominations of which are very plainly marked.

The GLASS MEASURE is graduated from half a drachm up to one ounce; the lowest line standing for half a drachm; the next for one drachm; the next for two, then three, and so on.

The GLASS MORTAR and PESTLE are exceedingly useful in mixing and rubbing down various articles, as Magnesia, Bark, Manna, &c. which require to be blended with, or dissolved in fluids. After being used, they should always be very carefully cleaned.

The SPATULA is used for the purpose of spreading plasters upon thin leather or a rag : it must be heated before it is employed, but not so strongly as to burn the plaster ; this is to be particularly attended to with respect to the *blistering plaster*, which will otherwise be totally spoiled.

The BOLUS KNIFE, is convenient for weighing out or dividing powders, and for mixing up boluses, &c.

The TILE is employed in rolling pills, and in making up boluses, and serves also to blend ointments upon with any requisite addition.

The LANCET is for the purpose of opening a vein, or puncturing any abscess which may have formed. For the right manner of using it, see pages 50 and 51.

A SYRINGE. When it is necessary to administer a *glyster*, the Syringe is found very convenient, and more desirable than the ordinary pipe and bladder.

A very simple glyster may be readily made, by dissolving two ounces of salt butter in a pint of

warm gruel or water, or adding to the above quantity of either, a table spoonful of salt, and two of oil.

When a still more active glyster is requisite, an ounce of *Epsom Salt* or of *Castor Oil*, or of both, mixed with a pint of *thin water gruel*, may be injected and repeated in four hours, if necessary.

TABLE OF DOSES,

PROPORTIONED TO THE AGE OF THE PATIENT.

For an adult	— —	One.
From 21 years to 15	—	three-fourths.
— 15 —	11	— two-thirds.
— 11 —	7	— one-half.
— 7 —	4	— one-third.
— 4 —	— —	one-fourth.
— 3 —	— —	one-sixth.
— 2 —	— —	one-eighth.
— 1 —	— —	one-twelfth.
— 6 months	— —	one-sixteenth.
— 1 —	— —	one-twentieth.

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